

# Red Light, Green Light!

We learn in many different ways. Often, we learn and remember best when we move while learning.

“Mounting evidence shows that movement is crucial to every other brain function, including memory, emotion, language and learning.” John Ratey; A User’s Guide to the Brain 2001

Babies learn the names of objects more easily if the object is moving as it is being named.



Learning that involves movement is fun!

## How can you help?

### With your child:

- Teach and play active games with your children. Here are a couple you may know: **Simon Says** and **Red Light, Green Light**. More games are described in Let’s Play by Dusan Petricic and Camilla Gryski.
- Try to incorporate movement when you are teaching your child something new. For example, when you teach a nursery rhyme, do movements to go with it.
- Here are some ideas which use movement to help teach a new letter and letter sounds:
  - Make the letter really big in the air
  - Paint the letter using a big paintbrush with clear water on the side of your house or on the walkway
  - Show your child how to make the shape of the letter with his or her body
  - Encourage your child to make a movement to match the letter sound like jumping for the “j” sound.

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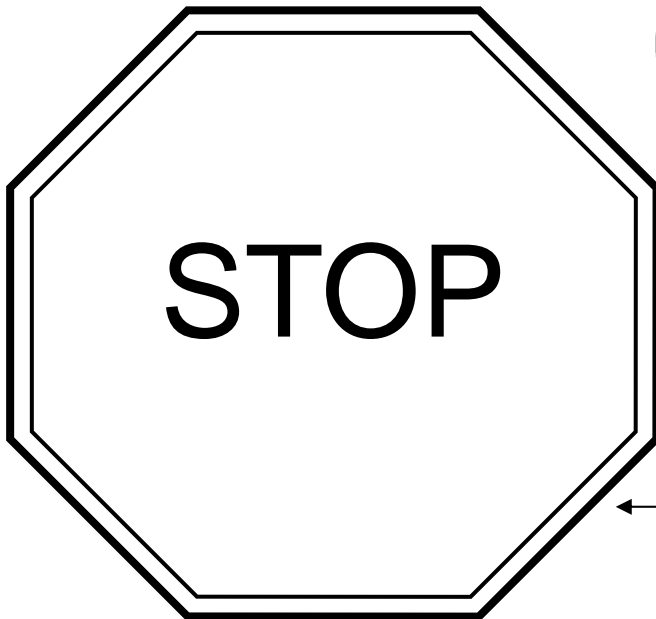
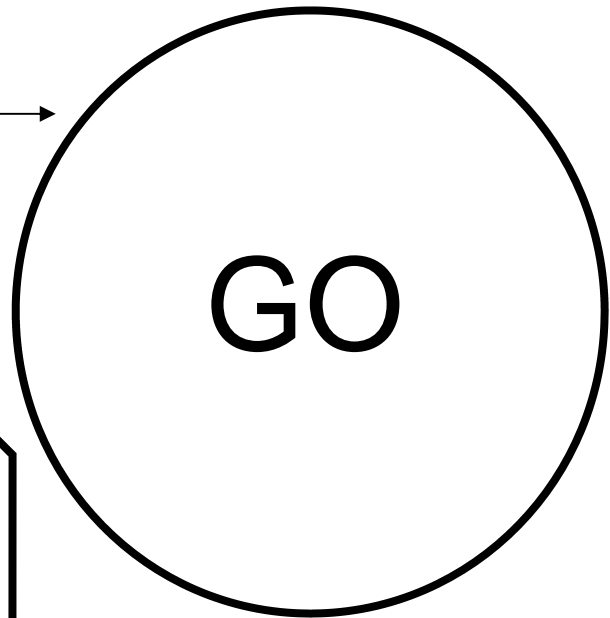


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## Red Light, Green Light

- Ask your child to walk a short distance from you and then turn to face you.
- To start, keep the signs behind your back.
- Show your child the “Go” sign and say go. Let your child walk towards you for a short time.
- Hold up “Stop” and say stop.
- Keep the game going until your child reaches you.
- The game is especially fun when you make the “Go” time really short. Your child will begin to anticipate when you will say “Go” again!
- You can play this game without the signs but by using the signs, you are helping your child begin to understand the link between the spoken and written word.

- Colour the GO sign green.
- Cut it out.
- Tape it to a popsicle stick.



- Colour the STOP sign red.
- Cut it out.
- Tape it to a popsicle stick.



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